10-Minute Full Body Training

Note 1 : Always do the WARMUP SESSION before doing this exercise routine. And if you have time, do COOL DOWN session after the routine

Air squat- 20 sec
Hollow body hold- 20 sec
Rest- 20 sec

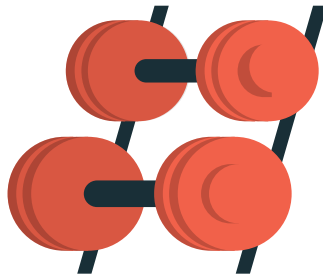
Push-up/ incline push-up- 20 sec
Superman plank- 20 sec
Rest- 20 sec

Lunges- 20 sec
Bodyweight row with towel- 20 sec
Rest- 20 sec

Pike hold- 20 sec
Calves raises- 20 sec
Rest- 20 sec

Side plank (left side)- 20 sec
Side plank (right side)- 20 sec
Rest- 20 sec

Push-up/ incline push-up- 20 sec
Bird dog- 20 sec
Rest- 20 sec

Air squat- 20 sec
Cat-camel- 20 sec
Rest- 20 sec

10 Mins Full Body Training

Pike hold- 20 sec
Glute bridge- 20 sec
Rest- 20 sec

Bodyweight row with towel- 20 sec
Lunges- 20 sec
Rest- 20 sec

Side plank (left side)- 20 sec
Side plank (right side)- 20 sec
Rest- 20 sec

= total 10 mins

Note 2 : You can repeat as many times as possible with any combination of exercises you want. While combining the exercises, just don't do the same muscle group exercises with another. Like, don't put 2 upper body exercises or 2 lower body exercises together. Take one from the upper body, take another one from the lower body or core exercises.